
light on yoga

Posted by Steve - 2008/11/18 07:27

Hi; I have an old copy of LIGHT ON YOGA I bought back in the early 80's (large, silver paperback). While browsing amazon I noticed that there is a new edition out. Has anything changed aside from the cover? Steve

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Posted by angel - 2008/11/18 07:27

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Posted by Bill22 - 2008/11/18 07:27

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light on yoga

Posted by Dave Stalker - 2008/11/18 07:27

The pictures are no longer appended in the new edition but are integrated with the text for convenience. I've heard that B.K.S. Iyengar has changed some of the asanas since he wrote the book. Anyone know if that's true? Dave

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light on yoga

Posted by Steve - 2008/11/18 07:27

The pictures are no longer appended in the new edition but are integrated with the text for convenience. I've heard that B.K.S. Iyengar has changed some of the asanas since he wrote the book. Anyone know if that's true? Well, the edition I have is so old that it does have the pictures and text integrated. It also has just about every yoga posture in there, philosophy, and pranyama. In the mid 80's new and truncated versions of the book started coming out. Steve
The Java Resource Dump: <http://www.geocities.com/RainForest/Canopy/4774/Java/>

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light on yoga

Posted by Bruce Roger - 2008/11/18 07:27

Dave Stalker,davestal...@my-deja.com,Internet writes: I've heard that B.K.S. Iyengar has changed some of the asanas since he wrote the book. Anyone know if that's true? Dave, You need a teacher to teach you how to specifically work with carpal tunnel syndrome. A normal student can safely practice the following standing poses daily without fear because they do not challenge the wrists directly. When the wrists are involved, seek direct guidance from an experienced teacher for how to modify the pose for your needs. Standing poses for the first month in revised order by BKS Iyengar from that shown in Light on Yoga: Plate 1 Plate 2 (first two weeks: legs straight and hands apart) (second two weeks: Hands apart, back at wall to balance if necessary) Plate 4 (right hand on block or ankle) Plate 15 Plate 8 (right hand on block, left hand vertical) Plate 14 (Hands apart: this is harder than other poses and can wait until third week) Plate 26 (Hands on wall or floor) Plate 31 (Hands on floor) Never do the Sarvangasana Cycle without blanket support beneath the shoulders and arms. Wait to learn this from a teacher. bruce

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light on yoga

Posted by Danijel - 2008/11/18 07:27

Ahh that book is the Bible of Yoga! I saw it and there are some small changes I think and also the pictures are with the text, though mind you my copy is from 1974! No you cannot really improve that book that has inspired Yogis since 1966. Thought of the Day: Sometimes men build robots, sometimes robots build men. What does it matter, really, whether one thinks with metal or with protoplasm? Steve <_@_> wrote in message <3832CC7F.F2326B24@_...> Hi; I have an old copy of LIGHT ON YOGA I bought back in the early 80's (large, silver paperback). While browsing amazon I noticed that there is a new edition out. Has anything changed aside from the cover? Steve

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